

Grab n' Go

Parents Promoting Health

Introduction:

Parents play a key role in promoting their family's health and preventing chronic disease, such as childhood obesity. Overall, children today are less physically active and have less healthy diets and poorer body image than youth 10 years ago. The causes of childhood obesity are numerous. Genetics and environmental factors play a role in childhood obesity, but parents are one of the most important influences in the lives of youth and can greatly impact their children's health.

Objectives:

1. Parents will learn 7 parenting strategies that improve their children's health in the areas of food and nutrition, physical activity, and body image.
2. Parents will explore techniques within each parenting strategy that they can utilize to improve their children's food and nutrition, physical activity, and body image.
3. Parents will discuss and share successful techniques for promoting health and identify and recommend practical, successful, and creative health-promoting techniques.

Materials:

1. PowerPoint "Parents Promoting Health"
2. Handout #1 Be a Healthy Role Model for Children: 10 Tips for Setting Good Examples
<http://www.mypyramid.gov/downloads/TenTips/RoleModelTipsheet.pdf>
3. Handout #2: Tips for Parents—Physical Activity
<http://www.pamf.org/teen/parents/health/exercise.html>
4. Handout #3: 10 Practical Tips that Support Full of Ourselves at Home
<http://www.teacherscollegepress.com/pdfs/FOOparentsguide.pdf>, page 7
5. Handout #4: Parents Promoting Health—MSU Extension F&N
6. 3 large poster papers with 7 parent strategies listed on left side of paper and room for parent suggestions under each strategy. (Label 1 poster paper: Parenting Strategies for Improving Youths' Body Image; label another poster paper: Parenting Strategies for Improving Youths' Food and Nutrition, and label the last poster paper: Parenting Strategies for Improving Youths' Physical Activity.

Outline:

1. Introductions and Introduction of Topic with PowerPoint. - 5 minutes
2. Break class into 3 groups and distribute HO#1 to one group, HO#2 to another group and HO#3 to the last group. - 5 minutes
3. Have each group discuss techniques for promoting health in each of the strategies from the information they received on the handout and techniques that have worked in their family. The group will choose one technique strategy to share with the larger group. - 20 minutes
4. Distribute HO#4 to each participant.
5. Each group will share their most effective or creative technique to the entire group. - 15 minutes
6. Wrap up - 5 minutes

Total: 50 minutes